

10th Conference on Health Care of the Chinese in North America

The Healthy and Delicious Diet

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The Healthy & Delicious Diet is featured in the Healthy & Delicious: Simple Ways to Low Fat Chinese Cooking bilingual eating guide/cookbook. It is designed for the Healthy Eating Campaign in the San Francisco Chinese community. This 80-page full-color eating guide includes the latest recommendations for healthy eating, the newly devised Chinese Food Pyramid, practical skills for shopping and cooking lean, and recipes from 8 different food categories illustrating the healthy cooking strategies.

The Healthy & Delicious Diet is based on the latest nutrition research and guidelines released by the Diet & Cancer Project, the American Institute for Cancer Research, the National Academy of Science and the results from the DASH (Dietary Approaches to Stop Hypertension) Study, which totals to more than 4,500 research studies. The Healthy & Delicious Diet includes the following 10 healthy eating habits for clients to adopt:

1. Choose a plant-based diet rich in a variety of vegetables, fruits, legumes and whole grains everyday;
2. Eat 4 to 5 servings of a variety of fruits everyday;
3. Eat 4 to 5 servings of a variety of vegetables everyday;
4. Choose fish and poultry more often and limit red meat intake to less than 3 oz. a day. Try to include a serving of soy products;
5. Choose low fat or nonfat dairy products and have 3 to 4 servings of calcium rich foods;
6. Use less oil in cooking;
7. Plan meals using the food guide pyramid;
8. Read food labels when shopping;
9. Accept the challenge of creating low fat healthy recipes;
10. Use the right cooking tools.

Both consumer and provider focus groups ranging from clients in Head Start programs to those from senior centers were conducted. The various components of the eating guide/cookbook were field tested in classes and in clinic settings. The results were very positive. Some highlights included: 75% agreed to use less oil in their cooking; 62% planned to read labels when shopping and 62% agreed to use the right cooking tools. Currently, the Partners for Healthy Eating agencies (over 40 agencies/providers partnering with the Health Department on the Healthy Eating Campaign) share the same consistent eating message with their clients using the Healthy & Delicious Diet.